

Turn for More Information...

PRICED LOW!

on organics

every day.



every aisle
PRICED LOW!
on items you use the most
every day

Farmers Market
Organic Bananas

69¢
per lb.

organic

1 lb. pkg.
Farmers Market
Organic
Strawberries

buy one
get one
free
Item rings at half price
with your VIC card

organic

organic

5 oz. Farmers Market
Organic Girl Salads

349
each

- 50/50 Mix
- Baby Arugula
- Baby Spring Mix
- Baby Spinach



organic

16 oz. Farmers Market
Organic Humm
Kombucha Juice

2/\$5

- Blueberry Mint
- Coconut Lime
- Mango Passion Fruit
- Strawberry Lemonade
- Pomegranate Lemonade



organic

3 pk. Farmers Market Organic
Romaine Hearts

299
each



organic

Farmers Market Organic
Hass Avocados

2/\$4



12 oz. Farmers Market
Organic Green Beans

3⁹⁹
each



Farmers Market
Organic Red Onion

1⁷⁹
per lb.



Farmers Market Organic
Green or Red Seedless Grapes

3⁴⁹
per lb.



Farmers Market Organic
Red Roma Tomatoes

1⁷⁹
per lb.



12 oz. Bag Farmers Market
Organic Rainbow Carrots

2/\$4



Farmers Market
Organic Limes

5/\$3



3.5 oz. Harris Teeter Organics
Shitake Mushrooms

3⁹⁹
each



Farmers Market
Organic Red Grapefruit

2/\$3

PEACH GLAZED CHICKEN BREAST



INGREDIENTS:

- 2 cups HT Traders peach preserves
- 3 tablespoons HTO olive oil, plus more for brushing
- 2 tablespoons HT Traders soy sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon finely chopped garlic
- 1 small jalapeno, finely chopped
- Kosher salt and freshly ground pepper
- 8 frenched chicken breasts
- 4 ripe peaches, cut in half and pitted

DIRECTIONS:

Combine the peach preserves, olive oil, soy sauce, mustard, garlic and jalapeno

in a medium bowl and season with salt and pepper. Reserve 1/2 cup. Preheat the grill. Brush the chicken with olive oil and season with salt and pepper. Place the chicken skin-side down and cook until golden brown, 6 to 7 minutes. Turn over and continue cooking for 5 to 6 minutes. Brush both sides with the peach glaze and continue cooking until done, an additional 4 to 5 minutes. Place the peach halves cut side down on the grill and grill for 2 minutes. Turn over, brush with the reserved 1/2 cup of peach glaze and grill until the peaches are soft, 3 to 4 more minutes.



12 oz. De Cecco
Organic Penne Rigata

2/\$5

save at least 98¢ on 2 with your VIC card



17 oz. Colavita
Organic Balsamic Vinegar

6⁹⁹

save at least 1.00 each with your VIC card



14 oz. Vita Coco
Organic Coconut Oil

9⁸⁹

save at least 1.10 each with your VIC card



13.4 oz. Jack's Organic
Low Sodium Garganzo Beans

1⁷⁹

save at least 20¢ each with your VIC card



SHRIMP TOSTADOS



SALSA:

- 1/2 cup corn, frozen, fresh, or canned
- 1/3 cup red onion, diced
- 1 large tomato, diced
- 1 avocado, diced
- 2 tablespoons cilantro, chopped
- 1 lime, juiced

SHRIMP:

- 1 lb medium uncooked shrimp, peeled and deveined
- 1 tablespoon HT Traders olive oil
- 1 teaspoon Harris Teeter chili powder
- 1/4 teaspoon Harris Teeter garlic powder
- 1/4 teaspoon Harris Teeter ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 tostadas
- 1 15 ounce can HTO black refried beans
- 1 1/2 cups shredded Harris Teeter mexican blend cheese

INSTRUCTIONS:

1. For the Salsa: Add the corn, tomato, onion, avocado, cilantro, and lime juice to a small bowl. Toss to combine and add salt and pepper to taste. Chill in the fridge until serving.
2. In a medium bowl, add the shrimp, olive oil, chili powder, garlic powder, cumin, salt and pepper. Toss to coat. Set aside.
3. Preheat oven to 350 degrees. Spread a thin layer of black beans on each tostada and sprinkle with cheese. Bake for 4-6 minutes or until cheese is melted.
4. While tostadas are baking, cook shrimp in a large skillet for 2-4 minutes or until shrimp turn pink.
5. To assemble, top warm tostadas with warm shrimp and top with salsa. Eat immediately.



6 - 7 oz. Harris Teeter Organics
String or Block Cheese

2/\$7

save big on 2 with your VIC card



16 oz. Harris Teeter Organics
Ice Cream Pints

2/\$5

save at least 1.00 on 2 with your VIC card



11 oz. Harris Teeter Organics
Preserves or Jelly

2/\$4

save at least 98¢ on 2 with your VIC card



16 oz. Harris Teeter Organics
Peanut Butter

3⁹⁹

save at least 50¢ each with your VIC card



25.5 oz. Dave's Organic
Red Heirloom Tomato Sauce

7⁹⁹

save at least 1.00 each with your VIC card



25 oz. Organico Bello
Marinara Sauce

6⁹⁹

save at least 1.00 each with your VIC card



10 - 17 oz. Simple Truth
Organic Cereal

2/\$5

save at least 1.98 on 2 with your VIC card



4 ct. Harris Teeter Organics
Peaches or Pears Fruit Cups

2/\$6

save at least 1.38 on 2 with your VIC card



16 oz. Bob's Red Mill
Organic Flaxseed Meal

3⁹⁹

save at least 1.00 each with your VIC card



24 oz. Vermont Village
Organic Peach Applesauce

4⁹⁹

save at least 1.00 each with your VIC card



7.4 oz. Harris Teeter Organics
Granola Bars

2/\$5

save at least 1.98 on 2 with your VIC card



12 oz. Harris Teeter Organics
Honey Bear

3⁹⁹

save at least 50¢ each with your VIC card



We are excited to launch a new program for you called **FREE FROM 101**

This program is designed to make it easy to select healthier options at shelf without having to read every ingredient label.

We have done the work for you by identifying items we carry that are free from:

Preservatives • Additives • Antibiotics • Artificial colors • Artificial flavors • BHA/ BHT • Artificial Sweeteners • Hydrogenated/Partially Hydrogenated Oils • Nitrates/Nitrites • High Fructose Corn Syrup • MSG • Trans Fatty Acids • Parabens • EDTA

THESE ITEMS ARE IDENTIFIED WITH A NEW BLUE TAG

Explanatory bib tags can be found throughout the aisles directing you to our website, harristeeter.com for more information.

Please visit harristeeter.com/free-from-101 to view the entire list of 101 ingredients.



1.81 oz.
Bob's Red Mill
Maple Brown Sugar Oatmeal

2/\$5

save at least 58¢ on 2
with your VIC card



10 oz.
Tasty Bite Ready To Serve
Punjab Eggplant

2/\$6

save at least 1.58 on 2
with your VIC card



5.5 oz.
Way Better Sweet Potato

2/\$5

save at least 2.18 on 2
with your VIC card



6 pk.
Gerolsteiner Mineral Water

6.99

save at least 1.30 each
with your VIC card

16.9 oz.
Chosen Foods
Avocado Oil



14.49

save at least 2.00 each
with your VIC card



13 oz. Kelapo Gluten Free
Ghee Clarified Butter

9.99

save at least 2.00 each
with your VIC card



12 oz. Chosen Foods Avocado Mayo

9.99

save at least 1.00 each
with your VIC card



10 ct.
Ily K-Cups Medium Roast

9.99

save at least 3.00 each
with your VIC card



9 oz. Canterbury Artisan Salads

6.49

save at least 1.00 each
with your VIC card



5 oz. Superseedz Gourmet

5.39

save at least 60¢ each
with your VIC card



7 oz. Tate's Chocolate Chip Cookies

4.49

save at least 1.00 each
with your VIC card



6 oz. Beanitos Bean Chips

2/\$6

save at least 78¢ on 2
with your VIC card



8.8 oz.
Biscoff Cookies

2/\$7

save at least 98¢ on 2
with your VIC card



3 oz. Jules DeStrooper Wafers

2/\$6

save at least 98¢ on 2
with your VIC card

3.38 oz.
Bella Famiglia
Truffle Olive Oil



12.59

save at least 1.40 each
with your VIC card



2.5 oz.
Sesmark Original Sesame Thins

2/\$5

save at least 1.98 on 2
with your VIC card